



**METRO
Parks**
www.metro-parks.org

Sun Valley Community Center

**6505 Bethany Lane 40272
502/937-8802**

It is the intent of Metro Parks to make all programs and facilities accessible to individuals with disabilities.
If an accommodation is necessary for your participation, please advise us of the needed service in advance.

Schedule for New Exercise Classes

Tuesdays

10:30 p.m.- Senior Stretch and Toning
1:45 p.m.- Forever Fit Senior Exercises (complete workout cardio, toning, and fat burning)
3:00 p.m.- Yoga
5:30 p.m.- Zumba or a variety of classes
6:30 p.m.- Yoga
6:30 p.m.- Tai Chi
Fitness Room Open 9:00 a.m.-6:00 p.m.
Men's Fitness Room 6:00 p.m.- 8:00 p.m.



Wednesdays

10:15 a.m.- Tai Chi
6:00 p.m.-Women's Weight Training .
7:00 p.m.-Women's Kick Boxing
Fitness Room Open 9:00 a.m.- 6:00 p.m.
Women's fitness time 6:00 a.m.- 8:00 p.m.

Thursdays

10:30 p.m.-Senior Stretch and Toning
1:45 p.m.- Forever Fit Senior Exercises (complete workout cardio, toning and fat burning)
6:30 p.m.-Line Dancing
7:00 p.m.- Weight Training for Women
7:30-8:30 p.m.- Zumba
Fitness Room Open 9:00 a.m.- 6:00 p.m.
Women's fitness time 6:00 a.m.- 8:00 p.m.

Anyone 60 and over the classes are free but you must fill out all paperwork to participate.
Under 60 the cost is \$10.00 a month and you must fill out paperwork to participate.